

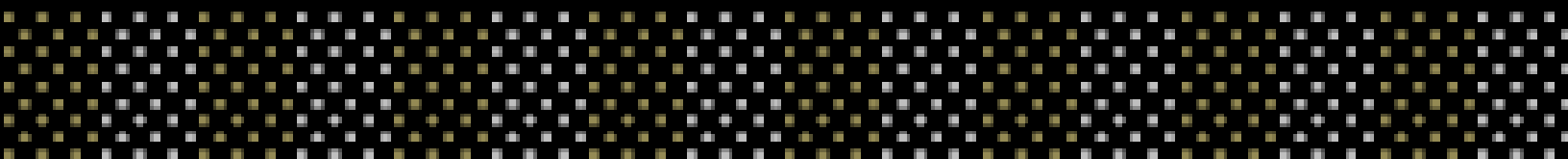
August 7

Ecclesiasticus 14:20

Good Meditation



**Blessed is
the man
that doth
meditate good
things in wisdom,
and that
reasoneth of holy
things by his
understanding.**



These days, it
seems as if many
are teaching and
being taught to
so-called *meditate*
on almost anything
except the heavenly
Father and especially
to meditate on
nothingness.
Eastern meditation
has infiltrated
western media.

However, this
passage encourages
meditation and
REASONING on
“good things” in
wisdom and
understanding.

That means
purposeful, deep
thoughts on
godliness. It's full
awareness of on what

one meditates in
wisdom and
understanding.

There is a clear
difference between
eastern-styled
meditation which
encourages empty-
mindedness vs. the
biblical meditation
of awareness and
mindful

contemplation
on the Creator.

Be aware. Regardless
to how it may be
labeled, (and media
does keep changing
the labels to trick
unsuspecting people)
not every kind of
meditation is good
meditation.